LISTING OF CLAIMS

17. (Original) A panel for a sectional door, comprising in combination:

a frame defining at least one central area, the frame including a horizontal member adapted to be coupled to a hinge member for hingedly connecting the panel to another sectional door panel; and

a plurality of material layers received within the central area of the frame and held in place by the frame, the layers being movable relative to each other.

- 18. (Original) A panel according to claim 17, wherein the frame comprises first and second aluminum extrusions, joined together by at least one weldment.
- 19. (Currently Amended) A panel according to claim 18, for a sectional door, comprising in combination:

a frame defining at least one central area, the frame including a horizontal member adapted to be coupled to a hinge member for hingedly connecting the panel to another sectional door panel, the frame comprising first and second aluminum extrusions joined by at least one weldment; and

a plurality of material layers received within the central area of the frame and held in place by the frame, layers being moveable relative to each other, wherein the layers comprise a polystyrene core sandwiched between polyethylene skin layers.

20. (Currently Amended) A method for forming a sectional door panel comprising:

providing a frame defining at least one central area;

inserting layers of material into the central area to be held in place by the frame, and

to provide relative movement between the layers; and

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coupling a hinge member to the frame to allow the panel to be hinged to another sectional door panel.